



FREE PRESENTATIONS!



CITY OF SAN RAMON SEPTEMBER PRESENTATION

Age with Grace

Presented by Rashana Rauniar Sharma, AWP, BHMS, CCH

Wednesday, September 16 , 2015 · 10:00am - 12:00pm Act# 96099

Learn how you can prevent, or naturally manage, many unwanted health conditions using traditional Ayurvedic methods. The main focus of the discussion will be on Arthritis, Parkinsonism, Insomnia, Constipation, Alzheimer and several other common ailments, understanding how to manage these conditions naturally by using the right food, the correct daily regimen and some easy-to-do activities at home. Rashana will demonstrate some hands-on techniques for achieving more energy and vigor.

Earn points in your Health and Wellness Challenge Passport!

Alcosta Senior and Community Center
9300 Alcosta Boulevard, San Ramon

****Pre-registration is required for these FREE presentations; however, drop - in participants may be accommodated based on availability.***

San Ramon Parks & Community Services

9300 Alcosta Boulevard · T: (925) 973-3250 · F: (925) 829-6128 · www.SanRamon.ca.gov/parks

Register: SanRamonRecGuide.com · Tickets: SanRamonPerformingArts.com · Email: parks@sanramon.ca.gov